

Lewinsville Senior Center			
1609 Great Falls Street McLean, VA 22101 Phone: 703-442-9075, TTY 711 Fax: 703-748-1829		 www.fairfaxcounty.gov/ncs	Operating Hours: Monday - Friday: 9 a.m. - 4 p.m. Business Hours: Monday - Friday: 8 a.m. - 4 p.m Closed: Memorial Day, Monday, May 30, 2016
Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.			
May 2016			
Programs			
Program	When	Time	Description
Yuan-Ji Dance	Mondays	2 - 3:30 p.m.	Continuous health and wellness program.
Puzzle Club	Mondays & Thursdays	2 - 3:30 p.m.	Work on a jigsaw puzzle with us! A great stress reliever and team building exercise!
American Mah Jongg	Tuesdays	10 a.m. - Noon	Continuous supervised open play.
Chair Exercise Live!	Tuesdays	10:15 - 11 a.m.	Continuous health and wellness program.
Bridge for Beginners	Tuesdays	Noon - 1 p.m.	Learn how to play Bridge, learn the basics, supervised play.
Board Game Bunch	Tuesdays	2 - 3:30 p.m.	Various board games taught by staff and participants.
Bio Energy Chi Gong	Thursdays	10:30 - 11:30 a.m.	Continuous health and wellness program.
Chair Exercise Live!	Thursdays	10:15 - 11 a.m.	Continuous health and wellness program.
Tai Chi	Thursdays	1 - 2 p.m.	Continuous health and wellness program.
Yuan-Ji Dance	Thursdays	2 - 3:30 p.m.	Continuous health and wellness program.
Knit & Crochet Club	Fridays	1:30 - 3 p.m.	One-on-one knit & crochet lessons, pattern sharing, and socializing. All levels welcome.
Classes - Must Sign Up			
Class	When	Time	Description
Low Impact Aerobics	Mondays	9:15 - 10:15 a.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Beginner Plus Line Dance	Mondays	10:30 - 11:30 a.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Intermediate Line Dance	Mondays	11:30 a.m. - 12:30 p.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Low Impact Aerobics	Tuesdays	9:15 - 10:15 a.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Strength & Core	Wednesdays	9:15 - 10:15 a.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Beginner Plus Line Dance	Wednesdays	10:30 - 11:30 a.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Intermediate Line Dance	Wednesdays	11:30 a.m. - 12:30 p.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Voice Class	Wednesdays	12:45 - 1:45 p.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Piano Lessons	Wednesdays	1:45 - 3:45 p.m.	Cost \$10/ Quarter. Winter 2016 Quarter runs April 1 - June 31. Book fees payable to Instructor.
Beginner Plus Line Dance	Fridays	10 - 11 a.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Beginner Plus Line Dance	Fridays	11 a.m. - Noon	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Beginning Line Dance	Fridays	12:15 - 1:15 p.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Beginning Line Dance	Fridays	1:15 - 2:15 p.m.	Cost \$10/ Quarter. Spring 2016 Quarter runs April 1 - June 31.
Special Events/Trips			
Event/Trip	When	Time	Description
McLean Community Center	Monday, May 2	10:15 a.m. - 1 p.m.	Free trip to the McLean Community Center's Art Gallery (pack a bag lunch).
Chuy's Mexican Restaurant	Wednesday, May 4	10:15 a.m. - 1 p.m.	Charter Trip to Chuy's Mexican Restaurant in Fairfax.
Wal-Mart at Fair Lakes	Friday, May 6	10:15 a.m. - 1 p.m.	Trip of Necessity to Wal-Mart at the Fair Lakes Shopping Center.
Shopper's Food Warehouse	Friday, May 13	10:15 a.m. - 1 p.m.	Trip of Necessity to Shopper's Food Warehouse in Fairfax.
Paul Mitchel at Providence CC	Friday, May 13	10:15 a.m. - 1 p.m.	Free trip to the Providence Comminuty Center for haircuts from Paul Mitchel students.
National Harbor	Saturday, May 14	11 a.m. - 2:30 p.m.	Charter Trip to the National Harbor in Maryland.
Target at Fair Lakes	Friday, May 20	10:15 a.m. - 1 p.m.	Trip of Necessity to Target at the Fair Lakes Shopping Center.
Fire Safety Visit	Monday, May 23	11:30 a.m. - Noon	Monthly visit from Fairfax County Fire Department to discuss safety.
Springfield Town Center	Friday, May 27	10:15 a.m. - 1 p.m.	Trip of Necessity to Springfield Town Center.
Memorial Day Picnic	Tuesday, May 31	11:30 p.m. - 2 p.m.	Outdoor games, live musical performance, and a cookout! Registration required.
Creative Aging Festival			
Senior Center Scrapbook	Monday, May 16	10:15 - 11 a.m.	Share your stories and pictures of the Lewinsville Senior Center.
The Evergreens	Monday, May 16	11 a.m. - Noon	Enjoy a performance by local musicians The Evergreens.
Line Dance Workshop	Tuesday, May 17	1 - 2:30 p.m.	Free Line Dance Workshop to learn the basic steps and see which class best suits you. Open to public.
Harmonious Masterpieces	Wednesday, May 18	12:45 - 1:45 p.m.	Combine two art forms! Paint to different styles of music to see where it takes you!
Intergenerational Patchwork	Thursday, May 19	11 - 11:45 a.m.	Seniors and kids working together to make patchwork blankets.
African Drumming Polyrhythms	Thursday, May 19	12:30 - 1:30 p.m.	Guest musician Kofi Dennis shares his expertise and performs on a variety of African drums!
Poetry Workshop	Friday, May 20	10:15 - 11 a.m.	Share your favorite poems, learn about different styles, and write one of your own!
Community Meetings			
Meeting	When	Time	Description
Advisory Council	Monday, May 16	12:45 - 1:45 p.m.	Lewinsville Senior Center is looking for new advisory council members! Open to all, come hear from your Council. We are interested in hearing from new voices with creative ideas for the center!